



SPORT SCIENCE

'Study of the science behind our mental and physical performance in sport'



Who is Sport Science for?

'Anyone who brings their PE kit, works hard, is passionate about sport and most importantly wants to achieve above and beyond!'





R041: Reducing the risk of sports injuries



R042: Applying principles of training



R044: Sport psychology



R045: Sports Nutrition

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What will you learn?

UNITS

Each worth 25%

ASSESSMENT

YEARS

Hard working pupils will be awarded with extra PE sessions!

DELIVERY

GRADES

On completion of the course you will get a qualification grade of:

- PASS
- MERIT
- DISTINCTION
- DISTINCTION*

Practical

CONTENT

Academic

BONUS!

Fitness tests

Training programme

Written tasks

Presentations

Role plays

Evaluating and improving



CAREERS

IN

SPORT

**AND MANY
MORE!!**

**I ♥
P.E.**





EXPECTATIONS

RESPECT – COMMITMENT – MEET DEADLINES



*Any
questions?*

*Just ask the PE
Department!*